



Universidad de Jaén

FACULTY OF HEALTH SCIENCES

Specific Intervention Methods in Physiotherapy 2

2024-2025

Grado en Fisioterapia

Doble Grado en Enfermería y Fisioterapia



GRATIA



Acceso Mayores 40

Guías docentes UJA

Horarios de tutorías

Llamamientos PEVAU

Movilidad (Coordinador)

P.O.D.

Solicitud bilingüismo

Syllabus 2024-25 - 10112007 - Specific Intervention Methods in Physiotherapy 2 (Métodos específicos de intervención en fisioterapia II)

Caption

- Level 1: Tutorial support sessions, materials and exams in this language
- Level 2: Tutorial support sessions, materials, exams and seminars in this language
- Level 3: Tutorial support sessions, materials, exams, seminars and regular lectures in this language

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[English](#)

DEGREE: Grado en Fisioterapia (10112007)
 FACULTY: FACULTY OF HEALTH SCIENCES
 DEGREE: Doble Grado en Enfermería y Fisioterapia (10522021)
 FACULTY: FACULTY OF HEALTH SCIENCES
 ACADEMIC YEAR: 2024-25
 COURSE: Specific Intervention Methods in Physiotherapy 2

SYLLABUS

1. COURSE BASIC INFORMATION

NAME: Specific Intervention Methods in Physiotherapy 2
 CODE: 10112007 (*) ACADEMIC YEAR: 2024-25
 LANGUAGE: English LEVEL: 2
 ECTS CREDITS: 6.0 YEAR: 2 SEMESTER: SC

2. LECTURER BASIC INFORMATION

NAME: CRUZ DIAZ, DAVID
 DEPARTMENT: U130 - CIENCIAS DE LA SALUD
 FIELD OF STUDY: 413 - FISIOTERAPIA
 OFFICE NO.: B3 - 066 E-MAIL: dcruz@ujaen.es P: 953213408
 WEBSITE: -
 ORCID: <https://orcid.org/0000-0001-5070-0679>
 LANGUAGE: - LEVEL: 2

3. CONTENT DESCRIPTION

- MYOFASCIAL PAIN SYNDROME

1.1 OVERVIEW

1.2 PATHOPHYSIOLOGY

1.3 TRIGGER POINTS: CONCEPT

1.4 DIAGNOSIS AND TREATMENT

1.5 INVASIVE TREATMENT: DRY NEEDLING

- PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION

2.1 FUNDAMENTALS

2.2 INDICATIONS

2.3 PNF TECHNIQUE AND ITS APPLICATION

The contents of this course connect with the third Sustainable Development Goal (SDG) of the United Nations: "Ensure healthy lives and promote well-being for all at all ages."

4. COURSE DESCRIPTION AND TEACHING METHODOLOGY

The course will be conducted through lectures to the general group and theoretical-practical classes in the laboratory for smaller groups.

Students with special educational needs should contact the Student Attention Service (Servicio de Atención y Ayudas al Estudiante) in order to receive the appropriate academic support

5. ASSESSMENT METHODOLOGY

- Theoretical exam with essay and/or multiple-choice questions. Passing this exam is essential to pass the course.
- Practical exam where the student is required to perform some of the techniques or evaluation methods explained during the practical sessions of the course. Passing this exam is essential to pass the course.
- Evaluation of an individual project throughout the course.
- Evaluation of attendance and class participation.

6. BOOKLIST [fb VVVgg'h Y'VIV'lc\[fUd\ mi\]b'h Y '@VfUfmiWUJc\[Ł](#)

MAIN BOOKLIST:

- Advanced Myofascial Techniques : Neck, Head, Spine and Ribs.. Edition: 1st ed.. Author: Luchau, Til.. Publisher: Handspring Publishing Limited ([Library](#))

7. SUSTAINABLE DEVELOPMENT GOALS

Salud y bienestar
Educación de calidad
Igualdad de género
Alianzas para lograr objetivos

DETAILED INFORMATION

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8. VIRTUAL / CLASSROOM TEACHING SCENARIO

I. TEACHING METHODOLOGY AND LEARNING ACTIVITIES

Learning Activities

Activity	Format (in-Teaching Methodology person/online)	Description
Lectures for large groups	In-person	Participatory lectures conducted in the classroom and broadcast via videoconference to the rest of the group. Periodic rotation of students.
Practical/small group classes	In-person 100%	Practical training sessions with 100% in-person attendance, following the methodology outlined in sections 10 and 11 of this guide.
Tutorials	Online	Tutorials will be conducted online (synchronously and asynchronously).

II. EVALUATION SYSTEM

The final synchronous online exam, conducted via the Platea Platform or Google Forms (with the possibility of recording the exam via Google Meet), will be held on the date established by the Faculty of Health Sciences for each official call, and will account for 50% of the final grade.

The acquisition of practical knowledge, which will account for the remaining 50% of the final grade, will also be assessed through oral-practical tests and/or the submission of written or audiovisual work via the available means at the University of Jaén.

III. RESOURCES

The University of Jaén's IT resources (Virtual Teaching Platform Platea, Videoconferencing via Google Meet, other Google applications: Docs, Slides, Calendar, Drive) will be used to encourage student participation, as well as electronic bibliographic resources available in the University of Jaén library.

9. VIRTUAL TEACHING SCENARIO

II. EVALUATION SYSTEM

The final synchronous online exam, conducted via the Platea Platform or Google Forms (with the possibility of recording the exam via Google Meet), will take place on the date established by the Faculty of Health Sciences for each official examination session and will constitute 50% of the final grade.

Practical knowledge acquisition, also accounting for 50% of the final grade, will be evaluated through the submission of written and/or audiovisual work via the available platforms at the University of Jaén, or through oral-practical tests conducted via video call.

III. RESOURCES

The University of Jaén's IT resources (Virtual Teaching Platform Platea, Videoconferencing via Google Meet, other Google applications: Docs, Slides, Calendar, Drive) will be utilized to encourage student participation, along with electronic bibliographic resources available in the University of Jaén library.

DATA PROTECTION CLAUSE (on line exams)

Institution in charge of data processing: Universidad de Jaén, Campus Las Lagunillas, s/n, 23071 Jaén

Data Protection Delegate: dpo@ujaen.es

Purpose: In accordance with the Universities Law and other national and regional regulations in force, carrying out exams and assessment tests corresponding to the courses students are registered in. In order to avoid frauds while sitting the exam, the exam will be answered using a videoconference system, being able the academic staff of the University of Jaén to compare and contrast the image of the person who is answering the exam with the student's photographic files. Likewise, in order to provide the exam with evidential content for revisions or claims, in accordance with current regulation frameworks, the exam will be recorded and stored.

Legitimacy: compliance with legal obligations (Universities Law) and other national and regional regulations currently in force.

Addressees: service providers who are the owners of the platforms where the exams are carried out and with whom the University of Jaén has signed the corresponding data access contracts.

Storage periods: those established in current in force regulations. In the specific case of exam videoconference recordings, not before the examination records and transcripts are closed or the exam can still be reviewed or challenged.

Rights: you can exercise your right of access, amendment, cancellation, opposition, suppression, limitation and portability by sending a letter to the postal or electronic address indicated above. In the event that you consider that your rights have been violated, you may submit a complaint to the Andalusian Council for Transparency and Data Protection www.ctpdandalucia.es

CLASS RECORDING CLAUSE PERSONAL DATA PROTECTION

Person in charge: Universidad de Jaén, Paraje Las Lagunillas, s/n; Tel.953 212121; www.ujaen.es

Data protection delegate (DPO): TELEFÓNICA, S.A.U. ; Email: dpo@ujaen.es

Procedure aim: To manage proper recordings of teaching sessions with the aim of facilitating learning process under a multimodal and/or online teaching

Period for record storage: Images will be kept during legal term according to regulations in force

Legitimacy: Data will be managed according to legal regulations (Organic Law 6/2001, December 21, on Universities) and given consent provided by selecting corresponding box in legal admission documents

Data recipients (transfers or assignments): Any person allowed to get access to every teaching modality

Rights: You may exercise your rights of access, rectification, cancellation, portability, limitation of processing, deletion or, where appropriate, opposition. To exercise these rights, you must submit a written request to the Information, Registration and Electronic Administration Service of the University of Jaen at the address above, or by e-mail to the address above. You must specify which of these rights you are requesting to be satisfied and, at the same time, you must attach a photocopy of your ID card or equivalent identification document. In case you act through a representative, legal or voluntary, you must also provide a document that proves this representation and identification. Likewise, if you consider that your right to personal data protection has been violated, you may file a complaint with the Andalusian Data Protection and Transparency Council www.ctpdandalucia.es

